

FARMACY SHAKE RECIPES

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Pink Power Beet Smoothie

Serves: 1

Prep Time: 5 minutes

Ingredients:

Crunchy Toppings:

1 teaspoon cacao nibs (optional)

1 teaspoon goji berries (optional)

Shake Ingredients:

One scoop of Pegan Shake Powder or any protein/collagen powder

¼ cup fresh or frozen strawberries

1 small uncooked beet

1 cup packed fresh spinach

½ cup frozen zucchini

¼ cup frozen avocado

½ teaspoon ground cinnamon

1 cup non-dairy milk

½ cup filtered water

8 ice cubes



Start your day with this bright and bold shake, full of phytonutrients found in colorful plant foods. This crimson-colored smoothie is high in antioxidants from the beets. Fiber, protein, and healthy fats are abundant from the protein powder, zucchini, spinach, and avocado.

Beets are full of powerful antioxidants that fight inflammation and support detoxification of the liver. The deeply colored red beets contain betalain, a unique compound that contributes to these detoxification benefits.

Beets are also great blood builders. Detox depends on mineral-rich blood, and beets deliver iron, copper, magnesium, potassium, vitamin C, fiber, and dietary nitrates. Full of folate, beets are a cell regenerator, too. The anti-inflammatory betalain fights infections, and combats abnormal cell development. Beets also help to cleanse the colon and lymph system.

This recipe is flexible based on what you have on hand. Frozen avocado provides a perfect creamy texture, but could be replaced with any nut butter. Frozen zucchini could be replaced with frozen cauliflower. Strawberries could be replaced with any berry. If you prefer a lighter smoothie, you could use water instead of non-dairy milk.

1. Add all of the shake ingredients to a high speed blender and blend until smooth, about 30 seconds.
2. Sprinkle optional toppings.

Picante Mango Smoothie

Serves: 1

Prep Time: 5 minutes

Ingredients:

One scoop of Pegan Shake Powder or any protein/collagen powder

½ cup mango chunks, fresh or frozen

1 inch fresh spicy red chili or ½ teaspoon chili powder

1 tablespoon lime juice

1 tablespoon hemp seeds

1 tablespoon goji berries

½ cup coconut water

½ cup non-dairy milk

8 ice cubes



Think you can't handle the heat? Think again. This sweet and spicy tropical-inspired smoothie is a post 10-day detox smoothie that will awaken your taste buds and make you feel as though you've taken a mini island getaway with every sip.

This shake recipe is flexible based on what you have on hand. Fresh mango could be replaced with frozen mango. Hemp seeds which provide us with healthy fats, could be replaced with cashew butter, or any other nut butter you have on hand. If you prefer a lighter shake, you could use water instead of non-dairy milk.

1. Combine all ingredients in a high speed blender, blend for 20 seconds, and serve.

Cinnamon No Toast Crunch Smoothie

Serves: 1

Prep Time: 5 minutes

Cook Time: 3 minutes

Ingredients:

Crunchy Topping:

1 tablespoon slivered almonds

¼ teaspoon coconut oil

¼ teaspoon ground cinnamon

Shake Ingredients:

One scoop of Pegan Shake Powder or any protein/collagen powder

½ cup frozen cauliflower

1 teaspoon vanilla extract

1 ½ teaspoon ground cinnamon

1 tablespoon maca powder

½ cup canned coconut milk

½ cup non-dairy milk

½ cup filtered water

8 ice cubes



Here's a healthy version of that sweet cereal you may remember from childhood—in a shake! No sugar high here, but it's a great way to start your day when you're looking for something both tasty and filling. You'll get protein from the collagen powder, fiber from the cauliflower, and energy from the maca powder.

This recipe is flexible based on what you have on hand. Cauliflower provides a perfect creamy texture, but could be replaced with frozen zucchini. Sliced almonds could be replaced with chopped nuts you prefer. If you prefer a lighter smoothie, you could use water instead of non-dairy milk, but keep the canned coconut milk.

1. Toast the almonds by adding them to a pan with coconut oil and cinnamon, shake the pan occasionally, and remove from heat when toasted, about 3 minutes.
2. Add all of the shake ingredients to a high speed blender and blend until smooth, about 30 seconds.

Green Apple Super Smoothie

Serves: 1

Prep Time: 5 minutes

Ingredients:

One scoop of Pegan Shake Powder or any protein/collagen powder

1 medium granny smith apple

1/3 cup frozen zucchini

1 teaspoon orange zest

2 handfuls fresh baby spinach

1 tablespoon pomegranate powder

1 teaspoon chia seeds

1 cup nut milk, unsweetened

8 ice cubes



This recipe is flexible based on what you have on hand. Frozen zucchini provides a perfect creamy texture, with no additional flavor, but could be replaced with frozen cauliflower. Chia seeds could be replaced with any nut butter of your choice or hemp seeds. If you prefer a lighter smoothie, you could use half water and half nut milk.

1. Core the apple and cut it into chunks (do not peel).
2. Blend all ingredients together until smooth.

Maca Iced "Coffee" Smoothie

Serves: 1

Prep Time: 5 minutes

Ingredients:

One scoop of Pegan Shake Powder or any protein/collagen powder

1 tablespoon Maca powder

1 teaspoon cacao powder

1 tablespoon almond butter, unsalted

½ teaspoon ground cinnamon

⅓ cup frozen cauliflower

1 cup nut milk, unsweetened

8 ice cubes

1 teaspoon cacao nibs (optional)



Maca is an incredible root, used traditionally to benefit everything from libido and fertility to energy, brain function, mood, and more. In this tasty shake it's mixed with vanilla and cinnamon for a latte-like flavor and blended cauliflower makes it creamy and satiating.

This shake recipe is flexible based on what you have on hand. Frozen cauliflower could be replaced with frozen zucchini to provide a perfect creamy texture. almond butter which provides us with healthy fats, could be replaced with hemp seeds, flaxseeds, or any other nut butter you have on hand. If you prefer a lighter shake, you could use half water and half non-dairy milk.

If you're a fan of chocolate, I highly recommend including the optional cacao nibs for a more robust flavor and an extra boost of antioxidants.

1. Combine all ingredients in a high speed blender, blend for 20 seconds, and serve.

Lemon Poppy Smoothie

Serves: 1

Prep Time: 5 minutes

Ingredients:

One scoop of Pegan Shake Powder or any protein/collagen powder

2 tablespoons poppy seeds

¼ cup frozen zucchini

1 tablespoon cashew butter

¾ teaspoon vanilla extract

1 tablespoon lemon juice

1 teaspoon lemon zest

1 cup non-dairy milk, unsweetened

6 ice cubes



Add some zest into your morning with this Lemon Poppy Smoothie. It's super easy to make, packed with nutritious ingredients, and really tasty!

This tangy Lemon Poppy Seed Smoothie is the perfect replacement for processed muffins and scones but with that classic flavor combo we all love. Frozen zucchini and cashew butter combined with my 10 Day Reset shake blend into a perfectly creamy base. Add in the fresh lemon juice, lemon zest, poppy seeds, and a hint of vanilla and you've got an uplifting, citrusy way to start the day. This shake has everything you need to power through your morning, with clean protein, healthy fats, and slow-burning carbs.

1. Combine all ingredients in a high speed blender, blend for 20 seconds, and serve.

Spiced Sweet Potato Smoothie

Serves: 1

Prep Time: 5 minutes

Cook Time: 25 minutes

Ingredients:

One scoop of Pegan Shake Powder or any protein/collagen powder

½ cup cooked sweet potato, made from 1 small sweet potato

¼ cup frozen cauliflower

1-inch fresh ginger root, peeled

1 tablespoon cashew butter

¼ teaspoon ground cinnamon

⅛ teaspoon ground clove

⅛ teaspoon ground nutmeg

1 cup non-dairy milk

6 ice cubes



If you have been dreaming of decadent sweet potato pie, you are going to love this shake! Packed with flavorful spices and a hint of ginger, this guiltless and nutrient-packed shake tastes just like your favorite pie.

Made with simple ingredients most of us already have in our kitchen, this sweet potato shake is a great way to use up any leftover baked sweet potatoes!

This shake recipe is flexible based on what you have on hand. Frozen cauliflower could be replaced with frozen zucchini to provide a perfect creamy texture. Cashew butter which provides us with healthy fats, could be replaced with hemp seeds, flaxseeds, or any other nut butter you have on hand. Fresh ginger could be replaced with ½ teaspoon of ground ginger. If you prefer a lighter shake, you could use half water and half non-dairy milk.

1. Preheat oven to 400°F and bake sweet potato until soft, about 25 minutes. Scoop out the flesh of the sweet potato, set aside, and allow to cool before making the shake.
2. Combine all ingredients in a high speed blender, blend for 20 seconds, and serve.

Strawberry Basil Smoothie

Serves: 1

Prep Time: 5 minutes

Ingredients:

One scoop of Pegan Shake Powder or any protein/collagen powder

½ cup fresh or frozen strawberries

5-7 medium fresh basil leaves

¼ cup frozen cauliflower

1 teaspoon orange zest

1 teaspoon vanilla extract

1 tablespoon coconut butter

½ cup non-dairy milk, unsweetened

½ cup filtered water

3 ice cubes



Adding herbs to any shake adds wonderful flavors and amazing medicinal powers. Basil is one of our favorite aromatic and flavorful herbs to use in sauces, salads, and now—shakes! Basil adds a delicious complex flavor to your sweet desserts or shakes. It is part sweet and part spicy, with notes of anise, mint, and cloves. Basil is known for its anti-inflammatory and anti-bacterial properties, as well as anti-aging compounds.

Strawberries are a great source of immune-boosting vitamin C and polyphenols. Cauliflower is also a great source of vitamin C, vitamin K, folate, and more. It's high in fiber and, as a cruciferous vegetable, it's detoxifying, too!

This shake recipe is flexible based on what you have on hand. Strawberries could be replaced with blueberries, blackberries, or raspberries. Frozen cauliflower provides a perfect creamy texture and could be replaced with frozen zucchini. If you prefer a lighter shake, you could use water instead of non-dairy milk.

1. Combine all the ingredients in a high speed blender, blend for 20 seconds, and serve.

Blueberry Lavender Shake

Serves: 1

Prep Time: 10 minutes

Cook Time: 3 minutes

Ingredients:

One scoop of Pegan Shake Powder or any protein/collagen powder

1 tablespoon edible dried lavender flowers (flowers should be lavender, rather than grey in color)

1 tablespoon chia seeds

½ cup frozen blueberries

1-inch fresh ginger root, peeled

1 tablespoon fresh lemon juice

1 teaspoon vanilla extract

1 cup non-dairy milk, unsweetened

3 ice cubes



Lavender is a perfect gift from nature to help you unwind. While adding lavender essential oil to a bath or your sheets can be very relaxing before bed, you can also enjoy lavender on a hot summer day in this cold, fresh shake.

Lavender, a medicinal plant with calming properties, is a very popular aromatherapy scent. With antiseptic and anti-inflammatory properties, it sends a relaxation signal to our brain. This shake combines lavender, blueberries, lemon, and ginger—a combination of ingredients that will make your taste buds sing, while also full of phytochemicals, vitamin c, and anti-inflammatory properties.

This shake recipe is flexible based on what you have on hand. Blueberries could be replaced with strawberries. Chia seeds (as written in the recipe) provide a perfect creamy texture and healthy fats, but could be replaced with hemp seeds or flaxseeds. Fresh ginger could be replaced with ½ teaspoon of ground ginger. If you prefer a lighter shake, you could use half water and half non-dairy milk.

1. Combine edible lavender flowers with ¼ cup water in a small saucepan, bring to a boil and let boil for about 3 minutes, then set aside to cool while preparing the rest of the ingredients.
2. Combine all of the ingredients, except the lavender liquid and ice cubes, in a blender and blend until smooth.
3. Strain lavender liquid, discarding flowers, and add liquid with the ice cubes into the blender. Blend for 20 seconds more and serve.

Coconut Cacao Low Carb Smoothie

Serves: 1

Prep Time: 5 minutes

Ingredients:

One scoop of Pegan Shake Powder or any protein/collagen powder

⅓ cup frozen cauliflower

2 ½ ounces raw coconut, flesh from a young coconut or frozen

1 tablespoon maca powder

1 tablespoon cacao powder, unsweetened

1 tablespoon cashew butter

1 cup nut milk, unsweetened



Craving ice cream? This creamy, chocolate smoothie makes the perfect breakfast or snack that will fill you up and satisfy your sweet tooth, with no regrets.

Breakfast is the hardest meal of the day for most people. So we took the guesswork out with this formulation. Our Morning Shake includes a combination of healthy fats, protein, and fiber to help keep you satiated and energized throughout the day. It combines pea and pumpkin protein with collagen to help support your muscles, joints, hair, skin, and nails. We also included organic Medium-Chain Triglycerides (MCT) and avocado oil powder for healthy fats to boost your mitochondria and brainpower. We added the smallest amount of monk fruit possible to give a palatable taste.

This shake is easy to make, requiring just 5 minutes, 1 blender, and 6 ingredients.

This recipe is flexible based on what you have on hand. Cauliflower provides a perfect creamy texture, but could be replaced with frozen zucchini. Cashew butter could be replaced with any nut butter of your choice. If you prefer a lighter smoothie, you could use half water and half nut milk.

Loaded with protein, fiber and healthy fats, this satisfying low carb smoothie is perfect for a hot summer day inspired breakfast or snack.

1. Blend all ingredients together until smooth.

Chocolate Nut Milkshake

Serves: 1

Prep Time: 5 minutes

Ingredients:

One scoop of Pegan Shake Powder or any protein/collagen powder

1 teaspoon cacao powder

¼ teaspoon cinnamon

¼ an avocado

1 tablespoon almond butter

¼ cup of frozen blueberries/blackberries

¼ cup frozen cauliflower/zucchini

1 handful of leafy greens (spinach, kale, arugula)

1 ½ cups unsweetened nut milk

3 ice cubes



Chocolate can actually be part of a really healthy breakfast, you just have to focus on quality. Cacao is an amazing source of polyphenols that boost gut health and so much more, it also provides a clean source of energy to power you through the day.

Breakfast is the hardest meal of the day for most people. So we took the guesswork out with this formulation. Our Morning Shake includes a combination of healthy fats, protein, and fiber to help keep you satiated and energized throughout the day. It combines pea and pumpkin protein with collagen to help support your muscles, joints, hair, skin, and nails. We also included organic Medium-Chain Triglycerides (MCT) and avocado oil powder for healthy fats to boost your mitochondria and brainpower. We added the smallest amount of monk fruit possible to give a palatable taste.

Easy to make, requiring just 5 minutes, 1 blender, and 9 that we can usually find in our kitchen.

Feel free to play around with ingredients: Choose between frozen cauliflower or zucchini to give it extra creaminess, blueberries could be swapped any berry, use any nut butter you have available.

Cacao provides a deep chocolate flavor and when combined with cinnamon it creates a satisfying sweet taste!

This shake is loaded with protein, fiber and healthy fats, as well as antioxidants! This shake is sure to keep you satisfied until lunchtime.

1. Mix all ingredients together in a blender.